

# Diabetes Prevention Program - "Prevent T2"

*A CDC-recognized lifestyle change program*

**Starting May 16th | 12:30-1:30 PM | Westminster Library**

**Don't let your prediabetes become diabetes! This year-long program includes meeting 3 times a month for the first 4 months, bimonthly for the next 2 months, and monthly for the remaining 6 months.**

***Cost is FREE!***

**For more information or to register, please contact Rachel Tabler, co-coordinator:  
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410-876-4885**

